

- A. size of class.
- b. compensation for overtime work.
6. Gym & Play ground costumes.
7. Athletics
  - a. interannual.
  - b. length of pract. periods & interschool time
  - c. " schedules
  - d. schedule making.
  - e. eligibility.
8. interscholastic ath. 4 girls.
  - a. gym.
  - b. pool
  - c. play fields.

- 4) Director is consultant & liaison bds.
- 5) " must carry out general school policies - serve for super.
- 6) D. has charge of selecting staff with own judg. & esp. traits acc' accord-
- ② D. Shannon - sympathy, self control, enthusiasm & stimulating power & imagination - fair of molar skill - use of spoken Eng - written acts placed on file.
- 7) Salary Schedules - diff. ones - some increase annually or bi- others acc.
- 2) training, exp. specialization, progress, etc - should be flexible.
- 8) Attendance at departmental meeting everybody should participate.
- 9) D. is respon. for the prof. growth of staff - summer schools, reading

- 9 new books & mag. extension courses, etc.
- 10 Faculty rec. emp.
- 11 Publicity - entialed comm. equip.
- 12 D. Should set standards & office routine.  
line off - esp. 2 ore alone him Staff Off-work  
everywhere along line.
- 13 preparation of D. year or 2 in graduated  
major in special field.

The Function of Supervision - involves:-

- 1. preparing & revising course of study.
- 2. exam. new materials & equip.
- 3. dem. new sub. matter & new methods of teach.
- 4. conferring with teachers.
- 5. conducting " meetings & improv-  
ment of instruction.
- 6. visiting classroom, gym, etc.
- 7. est. standards of achievement.
- 1. supervisor should co-operate w. building  
princ. - give spec. aid, etc.
- 2. supervision of spec. teachers - in larger cities
- 3. classroom ..
- 4. qualities of supervisor - sympathetic,  
imagination - friendly - respect & personality  
of others - speed w/out being in a hurry -  
when proposing changes consider old  
prejudices - give credit 2 those who do job.
- 5. transportation of supervisor.
- 6. S'visor files monthly report w. D. - also  
has conferences.
- 7. S'visor have B.A - major in Health.

## Responsibility of Teacher of P.T.

I 1. Load - pupil 2 teacher - 25  
no. of class taught daily - 5  
" " stud. hrs. per teach - 150  
" " " per class - 25

2. Then teaches for 2<sup>nd</sup> any school. Girls -  
concerned - need women for girls on account  
of sex. - showers & d. room supervision, etc.  
during menstrual period.

3 Preparation of spec' teachers.

Success judged by :-

1. Attention to indiv. needs.

2. Discipline.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

## Preparation of Classroom Teachers -

4-6 semesters hrs. of study in H + P.E.  
for all those attending normal Schools.

✓

Ventilation and Housing. L. Creighton

Causes of discomfort in a closed Room -

Unless the air about us is just right we are uncomfortable. Comfort and health are dependent upon the capacity of the atmospheric environment to cool the body, rather than upon its capacity to dispose of the gaseous products given off by skin and lungs. Physical discomfort in a crowded room is due to the increase in humidity and heat, and to stagnation of air. Very few bacteria are carried by the air unless it is laden with dust. Finely powdered chalk and similar dusts, however, may have an irritating action on the mucous membranes, and thereby render the individual more susceptible to colds and other infectious diseases.

Physical effects of external atmospheric conditions - The mucous lining of the nose and the upper part of the throat respond most actively to the air inhaled. When the body is hot is hot and the air is also hot, the moist mucous membranes become congested with the blood trying ineffectually to cool itself; when the air is too cold and dry, the mucous membranes give off a watery fluid; but when the air is comfortably cool, moist and fresh, the membranes are <sup>183</sup>

contracted and cool, and the air goes back and forth through the passages, <sup>without</sup> obstruction.

Relation of ventilation to disease. Poor ventilation in our modern homes may be the cause of a great deal of disease, or rather, of lack of vigor. It is necessary in a city to have fresh air to bathe the mucous membranes of the nose and throat which have been subjected to so much irritation during the day.

#### Ideal conditions

Air most conducive to comfort and health has a temperature of about  $60^{\circ}-70^{\circ}$  F., a relative humidity of about 40% to 60%, is kept moving home in slow currents, and is free from dust and impurities. The air of a room may be kept in motion by an electric fan.

#### Artificial Ventilation.

The good, old-fashioned method of letting air come directly from the outside through the windows proves more effective for an artificial means of ventilation. Windows should be kept partly open all the time, and at least once an hr. they should be fully opened and the entire room flooded with fresh air. The air can so quickly become stagnant, overheated, or too moist, without a person knowing it until after it has had a bad effect upon the body, that no precautions should be omitted.

Foundations of Health -

Rathbone - Bacon - Keene.

Dec. 4/29

## The Care of the Skin. H. Keightley.

In the dermis of the skin there are multitudes of small branching blood vessels called capillaries, through which the outgoing blood from the arteries must pass to get to the veins, which carry it back to the heart. It is in these small branches, where the vessel walls are very thin, that the food and oxygen which is carried by the blood filters through to feed our cells. In order to feed our skin well, we need to take some form of exercise that will bring a rich supply of blood to the surface of the body. Running, massaging, shower baths, and brisk vigorous rub-downs all help to exercise the skin and give it a healthy glow. The blood cannot properly nourish the skin cells unless it is supplied with food materials that are essential to the health of the skin.

There is in the protoplasm of every living cell a very small amount of a substance that is known to be necessary to aid the cell in absorbing its food from the liquids that surround it. In the animal body this substance is known as ergosterol. Ergosterol when slightly changed by certain rays of sunlight becomes vitamin D, without which we cannot build either bones or teeth. It is well, for all people in temperate climates to take fish-liver oil in some form to supply this

much needed vitamin during the winter months. This is especially applicable to young people, who are building bones and teeth. This subject will be.

Health and Achievement.  
- Cockefan and Cockefan

## Child Welfare.

### Pre-Natal -

Typical signs albuminuria & oedema +  
swelling of the uterine walls

- 1. State of living infants - less by 2
- 2. Delivered infants 20% under 7 lbs - 20% over 7 lbs
- 3. 2½ times greater rate mortality of mothers of term  
& shortens cumulative or associated factor of
- 4. 1. Unsanitary mother - 1/3 of time married  
& adequate pre-natal care
- 5. 2. % of delivered cases died in hospitals within  
five days after birth
- 6. 3. - livable during pregnancy - toxemias,  
malnutrition, abnormal pelvis
- 7. 4. Illness previous to pregnancy
- 8. 5. - operative interference

During pregnancy nutrient depends on class of  
mother and disease & phy condition.

### Post-Natal -

- 1. freedom from worry
- 2. sleepful surroundings
- 3. air
- 4. sunshine & fresh air
- 5. nutritious food.

### Care for Mother

- 1. Hygiene & ventilation
- 2. Air clean " - rubbish removed
- 3. Bedroom fully open
- 4. Wash clothes under soft v. of plug

### Food -

- 1. fruit, cereal, milk, veg small quantity of  
meat & fish, & egg
- 2. Butter, olive oil & peanut butter
- 3. Avoid eating bacon meat as ham, eggs,  
spices, pickles, alcohol, etc.

### Fluids -

- 3-4 pts. of water daily - in morning, between &  
4-6 meals
- 4. Soups, Jello & Kidney
- 5. Factor of 3 & must be regular

1. bowel movement daily. Outputting by  
bow, skin passes & finger
2. sufficient fluid.
3. Abdom. ex & massage

#### 3) Bath -

Wash body with cold water  
- 1 or 2 times per week

#### 4) Urin.

Urinary frequent. Retained regularly  $\frac{1}{2}$  a  
hour appears after meals clean & positive.

#### 5) Care of Hair -

Brushed combed nightly & morning.

Washes fortnightly.

#### 6) Care of Breast -

Milk baby - Care during pregnancy.

#### 7) Clothing -

Loose, clean & comfortable 3/4 pants,  
suspender belts of cotton. No belts.

#### 8) Early Morning Exercises

Washes - etc. - done by above rules.

#### 9) Work -

Modern housework with a few servants.

#### 10) Exercise

Daily walk followed by rest (or air)  
Opposite to rule of body exercise.

#### 11) Danger Signals -

Greatest contractions Squeezing of  
hands & feet. Legs Blurred Vision &  
headache. Red face & loss of breath

Abortion - by 9<sup>th</sup> mo  
miscarriage - by 8<sup>th</sup> or 9<sup>th</sup> mo  
Premature labor - by full term.

D. Hemorrhage - 2 causes.

1. placenta previa
2. premature separation of normally situated placenta - later part of preg. or at early labor.  
Painless loss follows ab. or miscarriage

E. Toxemias

Series of vomiting & constipation due to inability of mother to get rid of waste produced by fetus in mother's blood.

F. Care of Child after Birth

A. Feeding - nursing off by mother. Regular 5 times a day. After 1 mo. add foods ad lib. After nine - egg fruit juice.

B. Dressing -  
Bath - wash from top. Head. Soft motions no yellow feces, etc. over 1 month.

C. Clothing  
Daily bath - 15 min. sponge or wash off water w/2% water tested. Soap dead now. Linen next to skin.

Clothing  
Sap - easily washed - for now.  
Protector for bladder  
Vaccinate as soon as possible after 3 mo. after 12 mo. diph. tox.

One month old.

With up nursing but may of feeding  
Regular one med. care. Regular habits  
of baby. Clean & dry always. Change of diaper  
few. Aspirate nose secondary to fresh air.